



Moccasin Trail

KENTENHKÓ:WA / NOVEMBER 2021

Points of Interest:

- Large Print Calendars Available
- Heating Assistance 2021-2022
- November Craft
- Red Ribbon Week Participants
- OFA Snow Plowing Services
- Monday & Wednesday
- Exercise Class



Senior Center Receives Recognition of Excellence

For exceptional work, dedication, compassion and commitment to serving older adults and their families during the COVID-19 pandemic.

Your staff, volunteers, partners, and community at large were critical in saving lives, meeting basic needs, slowing the spread of the virus and ensuring maximum participation in New York's vaccination program while demonstrating the value of your work to your community, country, region, and the state.

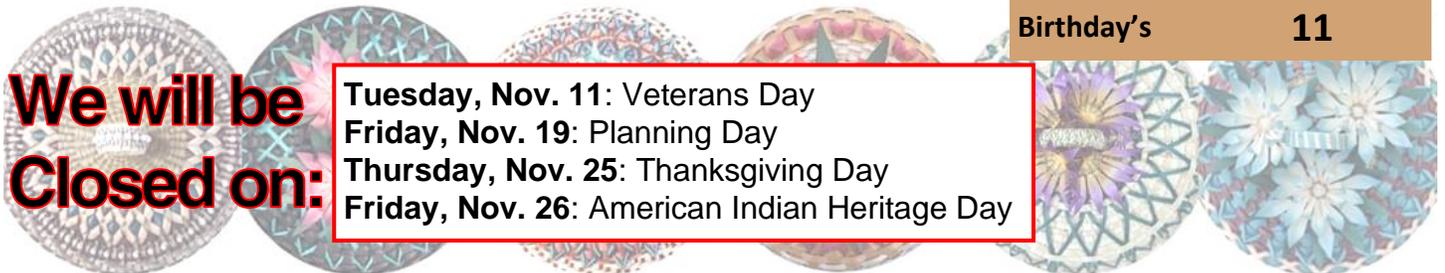
From Greg Olsen the director of NYSOFA and Rebecca Preve, the Executive Director of Association on Aging in New York

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We will be Closed on:

- Tuesday, Nov. 11: Veterans Day
- Friday, Nov. 19: Planning Day
- Thursday, Nov. 25: Thanksgiving Day
- Friday, Nov. 26: American Indian Heritage Day





Saint Regis Mohawk Senior Citizens Club



Club Dues are being accepted for 2022

Please renew to receive your Moccasin Trail newsletter in the mail.

You can mail in your membership fee of \$5.00 American to:

PO Box 1106
Hogansburg, NY
13655

Addressed to: SRM Senior Citizens Club

Membership due's for 2022 are being accepted now. If you do not pay by the end of December, you will not get the January 2022 newsletter.

Legal Aid with Linda LaRue

Paralegal Linda LaRue from Canton is back taking appointments in our Sunroom. Call our Administrative Assistant Giselle to book an appointment at (518)358-2963. Linda is scheduled to be at the Senior center twice a month, the second and fourth Thursday of the month (usually).

Wednesday, November 10, 2021

Friday, November 19, 2021

Volunteers Needed!

We need club members to volunteer to sit in the office and accept membership dues from walk-in's. You can choose the time and day that best fits your schedule. Please call Karen White at 518-319-5267 if you are interested.

Senior Club Meeting

Wednesday, November 10th in the senior center sunroom at 10:00 a.m.. All members welcome! At this meeting we will be voting for officers. Please come in if your interested in being nominated.

LARGE PRINT CALENDARS!

Call (518) 358-2963 and speak with Nutrition Coordinator Janet Terrance to reserve your large print calendar. We have 85 calendars available, first come, first serve. 1 per household.



HEATING ASSISTANCE 2021-2022

To book an appointment or for more information, please call (518) 358-2834.

Due to COVID-19 restrictions, walk-in appointments are not available at this time. Home visits are available for local community members who are elderly homebound.

You will need the following documents to apply:

- Social Security Card
- Tribal Identification Card
- Recent Fuel Bill
- Recent Electric Bill
- Proof of income



If you currently receive SNAP or temporary assistance, please contact your local HEAP department as you may already be enrolled:
Franklin County HEAP Department- (518) 481-1807
St Lawrence County HEAP Department- (315) 379-2303

Saint Regis Mohawk Tribe Office for the Aging, HIICAP and NY Connects
(518) 358-2834 or (518) 358-2963

Medicare Update: **2021 Annual Enrollment** Free Educational Event

November 17, 2021 from 10:00 a.m.– 6:00 p.m.
At the Saint Regis Mohawk Tribe Office for the Aging
Please bring a list of your medications and dosage.

- **Are you Medicare Eligible?**
- **Do you have Medicare Part A and B?**
- **Do you need prescription drug coverage or would you like to see other plans?**

We can take a look at all of your health plan choices for 2021-2022.

As your health needs change, so do Medicare plan costs and coverage. Use this event to compare all of our Part D offerings and see what's best for you.

The 2021 Medicare Annual Enrollment period began October 15, 2021 and ends December 7, 2021.

For a private consultation, call (518) 358-2834 to set up an appointment. Our HIICAP and NY Connects Counselors, will be happy to answer any questions you may have.

Funded by, Title VI MIPPA, HIICAP and NY Connects

Health Literacy Awareness

Helen Osborne founded Health Literacy Month (October) in 1999. She said the theme for Health Literacy Month is “Be a Health Literacy Hero.”

Health information can be difficult to understand; while those who struggle with literacy are affected, so are many others who get lost in medical terminology of information communicated by their doctor, in flyers online. Health illiteracy can lead to a host of issues including missed screenings for things like breast cancer, skipping important medical tests, taking medication incorrectly, having a more difficult time managing chronic health conditions, and increased visits to the emergency room.

What can you do?

- ⇒ Make a list of your symptoms before you go in, have questions written down, and take a few notes when your doctor is explaining things to you.
- ⇒ Bring a complete list of medications you take to the next appointment.
- ⇒ Bring a friend or loved one with you to your appointment, if possible.
- ⇒ Ask questions.
- ⇒ Repeat what your doctor tells you in your own words.
- ⇒ Improve your communication with health professionals.
- ⇒ Ask to work with a patient navigator if one is available.
- ⇒ Make sure you know who to call with any questions when you leave.
- ⇒ Attend health education programs at the library, community center, or anywhere you can find them in your community.
- ⇒ Don't believe everything you read on the internet.
- ⇒ The National Institute of Health recommends this toolkit:
<https://www.ahrq.gov/health-literacy/improve/precautions/toolkit.html>

Did you know:

- ◆ Only about 12% of adults in the United States have good health literacy, according to the U.S. Department of Health and Human Services.
- ◆ Anxiety can reduce the ability to manage health information.
- ◆ Age related challenges such as changes to vision, hearing, and cognition can influence the ability of older adults to process health information.

Disparities:

- ◆ Results from the National Assessment of Adult Literacy demonstrated that Hispanic adults have the lowest average health literacy scores of all racial/ethnic groups.
- ◆ People with low health literacy and limited English proficiency are twice as likely as individuals without these barriers to report poor health status.
- ◆ Cultural and language barriers can influence processing of health information; for example, the terms *utero* (uterus) and *matriz* (womb) were often confused in Spanish and described as distinct reproductive parts. Confusion between health care providers and patients who speak another language can lead to misunderstanding and missed necessary preventative care such as cancer screenings.



PUBLIC NOTICE



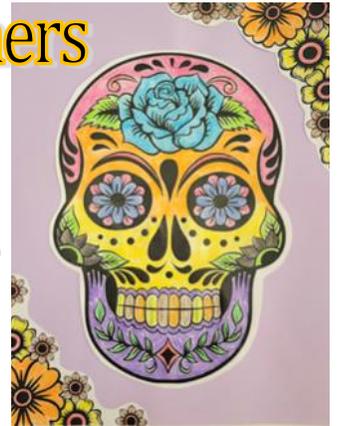
The SRMT Office for the Aging is reminding elders and community members of the precautions in place to visit the senior center. We understand that everyone is tired of the precautions, but they are necessary to protect our elders, staff, and visitors. Everyone is required to wear a mask while in the senior center, except if you are eating or drinking. This includes walking to the bathrooms, walking to the exits, or walking to an office. If you are participating in a Grab-n-Go meals, you must wear a mask and stay in your vehicle. Please do not come to the senior center if you do not feel well. Especially if you have a fever, shortness of breath, runny nose, chills, cough, muscle aches, sore throat, headache, or stomach issues. Please help us prevent the spread of contagious illnesses. If you are being tested for COVID for any reason, stay home and quarantine until your test results come back. You are putting others at risk. We want you to enjoy your time at the senior center in a safe and healthy environment. Office for the Aging staff will be enforcing these precautions. If you have any questions, please call the SRMT Office for the Aging at (518)358-2963.

October Coloring Contest Winners



Congratulations Dolores Ransom and Roger Caldwell on winning the October coloring contest!

Our next contest will be from November 1st to Wednesday, November 10th (judging on the 12th). Please hand in by 11:00 a.m. If you need it to be picked up please call Katie or Joy.



Senior Center Craft Class

November Craft: Gnome Ornaments

Wednesday, November 17, 2021 at 12:45 p.m.

Join us in the craft room to create these adorable Gnome Ornaments made of yarn for the Holiday Season. Seats are Limited to 5 per class, please call and reserve your spot. We can also create kits to go if that is what you prefer, just let us know when you call.

(518) 358-2963 for the Activity Department Joy or Katie.



Kentekhó:wa/November 2021

Tsiat'ahkhaton	Kiokierénhton	Tekeníhathon	Ahsénhathon	Kateríhathon	Wiskhaton	Iahíá:khaton
	1 Potato Soup Ham Sandwich Mixed Berries with Whipped Cream <u>Activity:</u> 10:00 Exercise Class with DVD 1:00 Bingo <i>National Cinnamon Day</i>	2 Chicken Stir Fry Wild Rice Roll Orange <u>Activity:</u> 10:00 Chair Yoga	3 Cheese Manicotti Caesar Salad Garlic Bread Peaches <u>Activity:</u> 10:00 Exercise Class with DVD in Lounge	4 Greek Salad Bread Stick Chocolate Pudding <u>Activity:</u> 10:00 Chair Yoga	5 Baked Fish Boiled Potato Peas & Carrots Ambrosia <u>Activity:</u> 10:30 Virtual Bowling	6
7	8 Chicken Tenders Potato Wedges Roll Fresh Apple <u>Activity:</u> 1:00 Bingo	9 Sweet n Sour Pork Over Rice Broccoli Wheat Roll Melon Cup <u>Activity:</u> 10:00 Chair Yoga	10 Open Face Roast Beef Sandwich Cauliflower & Broccoli Mandarin Oranges <u>Activity:</u> 10:00 Exercise with DVD 10:00 Senior Club Meeting Legal Aid with Linda	11 CLOSED Veterans Day	12 Sweet Potato Soup Biscuit Banana Nut Muffin <u>Activity:</u> 10:30 Virtual Bowling <i>National Happy Hour Day (non alcoholic)</i>	13
14	15 Ravioli with Meat Sauce	16 Cheesy Chicken Casserole	17 French Toast Sausage Links	18 Thanksgiving Meal Turkey	19	20

<p>21</p>	<p>Italian Bread Peaches Activity: 10:00 Exercise Class with DVD 1:00 Bingo <i>National Odd Socks Day</i></p>	<p>Mixed Veggies Roll Activity: 10:00 Chair Yoga</p>	<p>Boiled Egg Fruit Cup Activity: 10:00 Exercise Class with DVD</p>	<p>Stuffing Mashed Potatoes Cranberries Activity: 10:00 Chair Yoga <i>National Apple Cider Day</i></p>	<p>CLOSED Planning Day  Legal Aid with Linda</p>
<p>22</p>	<p>Tomato Macaroni Soup Tuna Fish Sandwich Butterscotch Pudding Activity: 10:00 Exercise Class with DVD 1:00 Bingo</p>	<p>23 Turkey Rice Soup Cheese Sandwich Mandarin Oranges Activity: 10:00 Chair Yoga</p>	<p>24 Birthday Meal Ham Mashed Potatoes Broccoli Roll Cake Activity: 10:00 Exercise Class with DVD</p>	<p>25 CLOSED Thanksgiving Day</p>	<p>26 CLOSED American Indian Heritage Day</p>
<p>28 </p>	<p>29 Fish on a Bun Fries Carrots Pineapple Chunks Activity: 10:00 Exercise Class with DVD 1:00 Bingo</p>	<p>30 Chef Salad Italian Bread Mandarin Oranges Activity: 10:00 Chair Yoga <i>National Computer Security Day</i></p>	<p>Call the Center if you will not be home for your Home Delivered Meal. Or to reserve your Grab-N-Go or Congregate meal at</p> <p>NOTE: Only 4 to a table in congregate lunch. Salads available, limited to 15 callers, first come, first serve.</p> <p>LOCAL SHOPPING TRIPS: Due to our bus being out of commission, our transportation drivers are taking appointments throughout the week individually, starting at 1:00 p.m. please call Judy or Pam to make an appointment 358-2963.</p>		

National m&m's Day

October 13th was National M&M's Day. The seniors that came in each picked a cup of M&M's, and they had to taste test and say which flavor they had. The flavors we had was milk chocolate, peanut, brownie, peanut butter and pretzel! Jack Leaf, Iris Herne, Beverly Barney, and Margaret Montour all guessed their M&M flavors correctly. They all won 3 lunch certificates and of course a bag of M&M's!



National Mad Hatter Day Participants

October 6th Carol Lazore, Carol Ann Thompson, Lynn LaFrance and Roger Caldwell wore their silly hats for National Mad Hatter Day. Carol L., Carol T., and Roger won a \$12.00 gift card to Three Feathers Café by draw.



Take a look in the calendar for upcoming national holidays at the senior center.



Did You Receive an IRS Notice About Changed to Your Tax Return?

The IRS has been sending “math error” notices to taxpayers. The notices list changes the IRS has made to the amount the taxpayers owe in tax or how much they will receive as a refund. If you receive this type of notice, it does not necessarily mean there was a math or computational error on your return. There are time limits to act if you think the notice is incorrect.

So far this year, the IRS has sent about 11 million math error notices. This is many times more than in past years.

The IRS sent most of these notices to taxpayers who filed a return seeking the Recovery Rebate Credit. Taxpayers claimed this Credit on their tax return if they did not receive the full amount of the Covid-19 economic stimulus payments they believe they were entitled to. The IRS used these notices to advise taxpayers that it believed they were wrong and that all or part of their Recovery Rebate Credit was not allowed.

If you receive a math error notice and do not agree with it, you have sixty days from the date on the notice to contact the IRS and let them know you disagree. The phone number to contact the IRS and let them know you disagree. The phone number to contact the IRS is provided in the notice. There are still limited things you can do even if you miss the deadline.

Some math error notices the IRS sent taxpayers in early 2021 did not have any information about the sixty-day deadline. The IRS is therefore correcting that problem by issuing new math error notices that give the taxpayer a new sixty-day deadline. The IRS is therefore correcting that problem by issuing new math error notices that give the taxpayer a new sixty-day period to object. Please be aware that the notices may not say “math error” on them.

If you have questions about this or other income tax issues, the Legal Aid Society of Northeastern New York’s Low-Income Taxpayer Clinic (LITC) may be able to help. The Clinic’s services are free to charge. You can call the LASNNY Lega Line at (833) 628-0087 and ask for our LITC. The Clinic does not generally provide tax preparation services.

OFA SNOW PLOWING SERVICES

If you received snow plowing services in 2020 and would like again this year; please call the senior center between the hours of 3:00 p.m. and 5:00 p.m. and speak with Giselle. If you did not have our snow plow services last year, please call after 3:00 p.m. and Giselle will put you on the waiting list. (518) 358-2963.



Healthier Bites for the Holidays

If holiday eating leaves you worried about high in fat and calories or overeating in general, here are some tips to help enjoy the holiday without increasing your waistline. Making recipes healthier may be easier than you think. Make simple ingredient substitutions or adjustments to create healthier recipes without forfeiting flavor and enjoyment. Many traditional foods served during the holidays start out healthy. It's what is added to them and how they are prepared that add extra calories and fat.

Healthier Holiday Eating Tips:

- ***Lower the fat.*** Use half the butter, shortening or oil in baked goods and replace the other half with unsweetened applesauce, prune puree, or mashed banana. If the recipe calls for regular sour cream or mayonnaise, replace them with reduced-fat versions. For dip recipes, gravies and stews. Use skim or low-fat milk instead of whole milk. Choose lean meats, and drain excess fat after cooking.
- ***Reduce sugar.*** In baked goods, such as quick breads, cookies, pie fillings, custard, puddings and fruit crisps, reduce the sugar by one-fourth to one-third. When you use less sugar in recipes, add spices such as cinnamon, cloves, allspice and nutmeg or flavorings such as vanilla extract or almond flavoring to enhance the sweetness of the food. Don't reduce sugar in yeast breads because it provides food for the yeast and promotes rising.
- ***Be sodium savvy.*** Drain liquid from canned vegetables and rinse with water. In many recipes, salt may be reduced or deleted altogether. Choose fresh or low-sodium versions of products such as low-sodium soups, broths, soy sauce, canned vegetables, and tomato products. When the recipe calls for seasoning salt, such as garlic salt, or onion salt, try using herb-only seasoning, such as garlic powder, celery seed, or onion flakes. Or use finely chopped herbs, garlic, celery, or onions. Don't cut salt out of your yeast bread because it helps control the rising action of yeast.
- ***Increase fiber.*** Try using whole-wheat flour and bread, bulgur, whole-wheat pasta, brown rice, oatmeal, whole cornmeal or barley in recipes and dishes. Substitute whole-wheat flour for half of the all-purpose flour in a recipe. Vegetables are another great way to increase fiber of dishes, add a variety of vitamins and minerals, and make meals stretch further. Add vegetables to chili, meatloaf, hamburgers and spaghetti sauce. Add extra vegetables to quiche fillings, casseroles and salads. Beans such as kidney, pinto or navy beans are great for soups or stews. Fruits can be added to muffins, pancakes, desserts, and salads.
- ***Use healthier cooking techniques.*** Try using nonstick pans or spraying pans with nonstick cooking spray to reduce the amount of fat and calories added to baked goods. Choose healthier cooking methods that use less fat, such as baking, broiling, grilling, poaching, steaming, or microwaving.

If you have questions, feel free to contact SRMT Office for the Aging
at 518-358-2963 Lisa Keyes, RDN

Satonhá:ren tsi Saksiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|---------------------|-----------------------|------------------------------------|
| 1- Alice Jacobs | 12- Jamie Ross | 25- James Arquette |
| 2- Dolores Thompson | Dan Jacobs | 28- Kamala Swamp |
| Lola Arquette | 13- Edward Tarbell | Loretta Thomas |
| Linda LaBaff | 14- Sylvia Bero | Marianne Bero |
| Linda Jordan | Shirley (Swamp) Oakes | 29- Thomas Terrance |
| 5- Lena Lamb | 17- Gerald W. Rubado | Gloria Lazore |
| 6- Bonnie Fray | 18- Joseph Calcagno | 30- James Hemlock |
| 7- Stanley Burnam | 19- Sharon Thompson | |
| Vicki Phillips | Lorraine Swamp | Bold are Saint Regis Mohawk |
| 9- Ramona Hudson | 22- Sharon Loran | Senior Club Members |
| Leona Cook | Carol C. White | |
| Elaine Thompson | 23- Nancy J. Samphier | |
| 10- Brian W. David | Millie Cook | |
| Dwight Bero | 24- Alice Cook | |
| 11- Jeb Beeson | Katherine Thompson | |
| Leona Delormier | Jane Jordan | |
| Doris Cook | Sharon Jackson | |

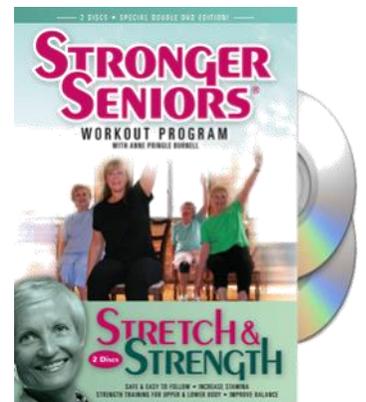
Monday & Wednesday

Exercise Class

Every Monday and Wednesday at
10:00 a.m. in the Sunroom



The Stronger Seniors Workout Program is designed to help seniors develop strength and enhance the ability to function in daily life. While seated, this program works together to improve your ability to be stable, balance, stay mobile, go up and down stairs, squat and pick something up, and to play with your grandchildren! Not only will we be playing this DVD we also have a Yoga DVD and a more intense exercise with bands DVD available. It will be up to the class to decide which DVD we will work out to that day. No need to sign up, just be in the sunroom before 10:00 a.m. You will receive a lunch gift certificate for participating.



Medical Supplies Available

Our senior center has a supply of donated medical supplies such as; walkers, canes, adult incontinence products, and more. If you or someone you know is in need, please call our offices at (518) 358-2963.



St. Regis Mohawk Office for the Aging
71 Margaret Terrance Memorial Way
Akwesasne, NY 13655

*Newsletters may also be received by e-mail

Phone: 518-358-2963

Fax: 518-358-3071

Mon-Fri: 8am to 5pm

Presorted Standard
 US Postage Paid
 Akwesasne, NY
 PERMIT # 4

If you are not the Addressee, please
 notify us of our mistake.
 To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web Page:
www.srmt-nsn.gov/office_for_the_aging

**We're Here to
 Serve You!**

- Life Line
- In-Home Care
- Case Management
- Legal Aid
- Handyman
- Home Visits
- Housekeeping
- Health Promotion
- Transport Services
- Transportation
- Caregiver Support
- Supper Bags
- Breakfast Bags
- Congregate Meals
- Nutrition Counseling
- Nutritional Education
- Home Delivered Meals
- Referrals
- Weekly Shopping
- Craft Activities
- Socialization
- Information & Assist..